



**MULTI-SERVICE SENIOR CENTER**

40086 PASEO PADRE PARKWAY  
FREMONT, CA 94538  
www.fremont.gov



LUNCH: 12:00 NOON

Members: \$4:00 SENIORS  
Non-Members: \$5:00  
Youngsters: \$6:00

TICKETS INFORMATION # 790-6610

OFFICE # 790-6600

\*Vegetarian Option Available

# LUNCH FEBRUAY 2005

MEALS ARE COOKED ON SITE

**SOLD:**

**FIRST-COME, FIRST-SERVED**  
NO REFUNDS, NO EXCHANGES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>Los Amigos</u> 1 Chicken Enchiladas Spanish Style Rice Refried Beans, Salad Dessert	2 Lamb Stew With Vegetables & Potatoes Salad, Roll Dessert	3 Salmon Cakes Steamed Potatoes Carrot & Apple Slaw Roll, Dessert	4 Chicken Marsala Over Pasta With Pesto Vegetable, Salad Garlic Bread, Dessert
7 Meat Loaf, Gravy Mashed Potatoes Vegetable, Salad Roll, Dessert	8 <u>Indo American</u> Potato & Leek Soup Egg Plant Parmesan Pasta With Marinara Sauce, Garlic Bread Dessert	9 Chicken Cordon Bleu Rice Pilaf, Vegetable Caesar Salad, Roll Dessert	10 <u>Chinese New Year</u> Fried Rice w/ Roasted Pork Sichuan Peanut Sauce w/ noodles, Beef w/ long beans, Bok Choy w/garlic Fortune Cookies	11 Roasted Tri-Tip Steamed Red Potato Gravy, Vegetable Roll, Dessert
14 <u>Happy Valentine's Day</u> \$5- \$6- \$7 Grilled Petite Filet Of Beef, Sauce Bordelaise Steamed New Potatoes Vegetable, Salad, Dessert	15 Spaghetti Of Meat Sauce, Vegetable Salad, Garlic Bread Dessert	16 Lamb Shanks, Roasted New Potatoes With Rosemary, Mixed Vegetables, Salad	17 Crab Cakes Cole Slaw Tater Tots Roll, Dessert	18 Grilled Chicken Breast Over Caesar Salad Vegetable, Roll Dessert
21 <u>Closed For</u> <u>President's Day</u>	22 <u>Indo American</u> Chicken Parmesan Pasta, Vegetable Salad, Garlic Bread Dessert	23 Beef Stew, Braised Vegetables, Salad Roll Dessert	24 Pork Chops, Gravy Rice With Navy Beans Vegetable, Salad Corn Bread, Dessert	25 Beef Or Vegetable Lasagna, Salad Vegetable Garlic Bread, Dessert
28 Roasted Tri-Tip Mashed Potatoes Gravy, Vegetable, Salad Roll, Dessert	<u>March 1<sup>st</sup></u> Roasted Pork Loin With Ancho & Chipotle, Salad Spanish Rice, Tortilla Vegetable, Dessert	<u>March 2<sup>nd</sup></u> Apple Glazed Chicken With Rice Pilaf, Salad Vegetable, Roll	<u>March 3<sup>rd</sup></u> Grilled Snapper, New Potatoes, Vegetable Salad, Roll Dessert	<u>March 4<sup>th</sup></u> Beef Or Vegetable Lasagna Garlic Bread Caesar Salad

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOODS. Please Note: If you take food home with you from the meal site, it is done at your own risk. Be sure to eat food or refrigerate it within 30 minutes of leaving the site. Reheat in a 350 degree oven until bubbly for 5 minutes. Discard any food left after 3 days.